



SEPTEMBER 2018

# AGE UK TEESSIDE NEWSLETTER



'You have to get on with  
what you have, and  
**make the most of  
what you've got.'**

Dorothy, 97

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## New Premises: TAD Centre

After 20 years based at Borough Road in Middlesbrough, Age UK Teesside's Head Office has moved into the TAD Centre in Berwick Hills.



All of our social groups and activities are now based out in the community to make them more accessible to our service users and our Information and Advice service is still being delivered from our new location. You can still contact us via 01642 8055 00 and our new address is:

**Age UK Teesside**

**The Dorothy Rose Suites (29-32)**

**The TAD Centre**

**Ormesby Road**

**Middlesbrough**

**TS3 7SF**

### The TAD Centre





Fundraising:  
Total Warrior

June 22nd/23rd 2019

Bramham Park  
Leeds, Yorkshire



## BECOME A WARRIOR IN 2019 & REDUCE LONELINESS IN YOUR AREA

25+ AWESOME OBSTACLES  
20,000 WARRIORS 20,000 FREE BEERS



### What is Total Warrior?

Total Warrior is the pinnacle of obstacle racing, providing the most innovative and highest quality obstacle event in the UK. With around 25 punishing obstacles at each venue, Total Warrior also offers greater variety and more obstacles-per-kilometre (or pain-for-your-pound!) than any other race. Total Warrior provides the ultimate test of stamina, strength and determination for individuals and teams and offers a challenge for everyone, regardless of fitness levels.

### How to get involved:

Register online with the organisers and contact Laura on **01642 433727** for your fundraising pack.

Alternatively, you can email **[laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk)**

# WWW.TOTALWARRIOR.CO.UK



SIGN UP



RECRUIT YOUR TEAM



GET TRAINING

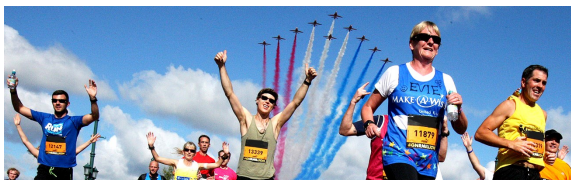




## Great North Run



- Half-Marathon
- Newcastle-Gateshead-South Shields
- £35 Entry
- Minimum £200 sponsorship
- 5th September 2019



## Great North Swim

- 1 Mile open water swim
- Lake Windermere
- £10 Entry
- Minimum £200 sponsorship
- 7-9th June 2019



Teesside  
ageUK  
Love later life

**SUNDAY 9TH DECEMBER 2018**

# SANTAS

ON THE BRIDGE

ENTRY FEE ONLY  
**£15**  
SANTA SUIT INCLUDED

SIGN UP ONLINE

**CALLING ALL ASPIRING SANTAS!**

JOIN US FOR SOME FESTIVE FUN AS WE ABSEIL 165FT FROM MIDDLESBROUGH'S FAMOUS TRANSPORTER BRIDGE. SANTA SUITS ARE INCLUDED IN THE ENTRY FEE OF £15 AND WE ASK THAT YOU RAISE A MINIMUM OF £60 IN SPONSORSHIP.

MAKE THIS A CHRISTMAS TO REMEMBER AND FACE YOUR FEARS! PLACES ARE LIMITED, SIGN UP TODAY TO AVOID DISAPPOINTMENT!

FOR MORE INFORMATION OR TO SIGN UP CONTACT LAURA-JANE WEDGWOOD ON 01642 803326 / 07921 464126 OR EMAIL [LAURA.WEDGWOOD@AGEUKTEESSIDE.ORG.UK](mailto:LAURA.WEDGWOOD@AGEUKTEESSIDE.ORG.UK) [WWW.AGEUK.ORG.UK/TEESSIDE](http://WWW.AGEUK.ORG.UK/TEESSIDE)

Registered Charity No 702714

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# HAVE YOU GOT THE TO BUNCEE?

**SUNDAY 2ND DECEMBER 2018**  
**TRANSPORTER BRIDGE, MIDDLESBROUGH**

**£20 ENTRY PLUS A MINIMUM OF £100 SPONSORSHIP**

Climb 210 steps to the top of Middlesbrough's iconic Transporter Bridge taking in the panoramic views of Teesside, before jumping 160ft in aid of Age UK Teesside

For more information or to sign up please contact  
Laura-Jane Wedgwood on 01642 803326/07921 464126 or  
email [laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk) [www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)

Registered Charity No 702714

If you are interested in taking part in any of our fundraising challenges, contact our Head of Fundraising, Laura Wedgwood or sign up online via our website.

Taking on one of our challenges guarantees a personal achievement as well as the chance to benefit your community; reducing loneliness and isolation amongst the older population, ensuring warm homes in winter, funding social activities, as well as providing information and advice.



# DEMENTIA WALKING GROUP

FOR PEOPLE WITH DEMENTIA & THEIR CARERS. THE SESSION WILL INCLUDE A LOCAL WALK AND REFRESHMENTS IN A SOCIAL SETTING.

THE SESSIONS ARE OPEN TO ANYONE IN THE TEESSIDE AREA TO ATTEND.

FOR MORE INFORMATION PLEASE CONTACT ANNE SYKES OR LOUISE WHEATLEY ON :

**01642 80 55 00**

Walking routes will rotate on a 4-weekly basis, including:

TEES BARRAGE  
ROPNER PARK  
PRESTON PARK  
THORNABY

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**10:00am - 12:00noon**

**Launching Monday 6th August**

**Live Well Dementia Hub**

**Thornaby**





East Cleveland Arts Time Table		
Day	Morning (10am 'til 12pm)	Afternoon (1pm 'til 3pm)
Monday	<b>Drop in sessions from 10am 'til 12pm &amp; 1pm 'til 3pm</b> Costs £2.50 per session or £5 for all day	
Tuesday	<b>Experimental Arts</b> Explore and create experimental art works. 10-week course cost £50 or £5 per week. Starts: 10am – 12pm	<b>Pencil Drawing Classes</b> Learn how to create using pencil. 10-week course cost £50 or £5 per week. Starts: 10am – 12pm
Wednesday	<b>Creative Collage</b> Learn how to create stunning imagery using collage. 10-week course cost £50 or £5 per week. Starts: 10am – 12pm	<b>Gothika Clothes Recycling Group</b> The Gothika Clothes Recycling Group is aimed at you if you want to make your own look! This is a drop-in session and runs from week to week. Cost: £2.50 per person per session
Thursday	<b>Landscape Painting</b> Learn how to create a landscape painting using acrylic. 10-week course cost £50 or £5 per week. Starts: 10am – 12pm	<b>Groups and external organisations 1pm 'til 4pm</b>

Drop-in groups cost £2.50p per person per session  
 Classes cost £5.00 per person per session (or a one off £50)



# Living Well with Arthritis in South Tees

National charity, Arthritis Care has been working with local GP surgeries and South Tees Clinical Commissioning Group to offer services to all patients with Osteoarthritis of the hip and/or knee.



**ARTHRITIS CARE**

The charity, now part of Arthritis Research UK, aims to empower people with arthritis through support and information, helping them to more effectively manage their condition.

Patients have a choice of three different services, all delivered by trained volunteers with experience of arthritis alongside the charity's experienced staff:

- ⇒ An appointment – a local and accessible face-to-face meeting for up to one hour.
- ⇒ Telephone support – a one to one individual support call at a convenient time.
- ⇒ A workshop – a local and accessible session with an opportunity to meet other people with arthritis.

All three services provide people with arthritis with up-to-date information to help in making decisions about treatment options – including pain relief, surgery and exercise – and to help reduce the impact of the condition.

Patients must be registered at a GP practice within the South Tees area and referred to the service by their GP.

For more information about the service, or to find out about volunteering, please contact Pete Burchill on 07968 624386 or email [PeteB@arthritiscare.org.uk](mailto:PeteB@arthritiscare.org.uk)

***“it's a great service, good to have someone to talk to with plenty of time”***



**NHS**

**South Tees  
Clinical Commissioning Group**





T.A.D CENTRE, ORMESBY  
ROAD, MIDDLESBROUGH  
TS3 7SF

24TH OCTOBER 2018  
2-4PM

# AGM

JOIN US FOR OUR ANNUAL  
GENERAL MEETING  
HIGHLIGHTS INCLUDE:

THE IMPORTANCE OF  
FUNDRAISING- LAURIE  
BOULT, DIRECTOR OF  
FUNDRAISING AGE UK

THE OFFICIAL OPENING OF  
THE DOROTHY ROSE SUITES

CORPORATE AWARD  
PRESENTATIONS

STAFF PRESENTATIONS

REFRESHMENTS

Age UK Teesside's Annual General Meeting will take place at our new premises in the TAD Centre on Wednesday 24th October 2018.

As always, everyone is welcome to attend and enjoy an afternoon with Age UK Teesside, full of project presentations, service updates and refreshments.

If you would like to attend, please call

**01642 80 55 00**

Or email

**[enquiries@ageukteesside.org.uk](mailto:enquiries@ageukteesside.org.uk)**

Call 01642 805500 for enquiries

Charity no: 702714

# Phoenix 2018

## Mondays

### Carpet Bowls

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

£1.00 per session

**At Grove Hill Community Hub**

**Bishopton Rd**

**Grove Hill**

**Middlesbrough TS4 2RP**



## Tuesdays

### Lunch n Social

Come along and make new friends, enjoy Dominoes, Scrabble, Chess or tackle a jigsaw!

Light lunch plus refreshments provided.

£4.00 per session (catering) or bring a packed lunch.

11.00 am – 2.00pm

Booking essential contact Tina for details 01642 803328

**At North Ormesby Community Hub**

**Derwent Street,**

**North Ormesby**

**Middlesbrough TS3 6JB**



**Podiatry Service** Contact Tina for details and appointments.

## Wednesday

### Chair Exercise & Reminiscence Activities 10.am – 11.am

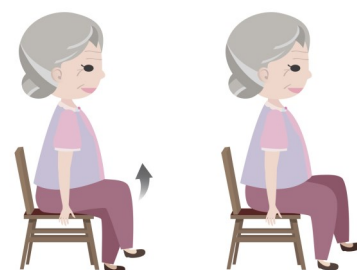
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

**At Grove Hill Community Hub**

**Bishopton Rd**

**Grove Hill**

**Middlesbrough TS4 2RP**





## **Thursdays**

### **Craft sessions**

Knitting Embroidery Card making Crochet – or bring along your own craft/idea?

10am – 12noon

60p to include refreshments

**At Grove Hill Community Hub**

**Bishopton Rd**

**Grove Hill**

**Middlesbrough TS4 2RP**



## **Fridays**

### **Friendship Friday**

Enjoy a Quiz, Raffle and Prize Bingo!

Bingo & Raffle tickets available to purchase (bring along a raffle prize)

Fish n Chip lunch (£4.60p) or bring a packed lunch.

11.15am – 2.30pm

£2.00 admission to include refreshments

Booking essential contact Tina

**At St Cuthbert's Church Hall**

**Stokesley Rd**

**Marton**

**Middlesbrough TS7 8JU**



## **Saturday & Monday evening**

**Zumba Gold** – Shake it at your own pace – A class for all abilities!

1<sup>st</sup> 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

**Contact Tina 01642 803328 / Mobile 07834 181188**

**or reception 01642 805500**

# lion hat

advanced pattern by Juliet Bernard



**Yarn:** Yellow DK with some brown for the mane and black for the face

**Needles:** 4mm

## Hat

Cast on 31 sts in yellow

Beginning with a knit row continue in st st for 14 rows

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

## Head

Cast on 12 sts

Row 1: \*k1,kfb repeat from \* to the end of the row (18sts)

Row 2: \*p2, pfb repeat from \* to the end of the row (24sts)

Row 3: repeat row 1 (36sts)

Beginning with a purl row continue in st st for 13 rows.

Row 17: \*k1, k2tog repeat from \* to the end of the row (24sts)

Row 18: \*p2, p2tog repeat from \* to the end of the row (18sts)

Row 19: repeat row 17 (12sts)

Row 20: k2tog across all sts (6sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

## Making up

Sew the head up stuffing with fibre as you go.

Embroider the face and the mane.

Sew up the hat and sew on the head



For more information, wool or to donate hats, please  
call Tina on:

**01642 433 723**

Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together | p2tog - purl two together  
kfb - knit into the front and back of the same st | pfb - purl into the front and back of the same st



# post box hat

intermediate pattern by Juliet Bernard

**Yarn:** Red, white and black

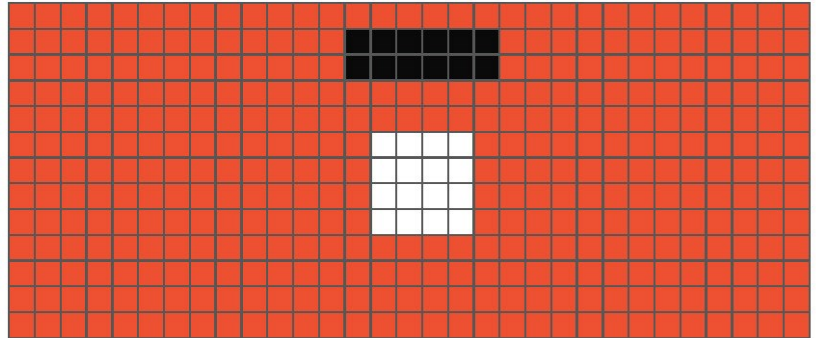
**Needles:** 4mm

## Hat

Cast on 31 sts in black

Knit 2 rows (garter st)

Change to red.



Now work from chart in stocking stitch until row 13 has been finished

Continue in red

Next row (ws): knit all sts

Next row: k1, \*k2tog, k3, repeat from \* to the end of the round (25sts)

Next row: purl all sts.

Next row: k1 \*k2tog, k2, repeat from \* to the end of the round (19sts)

Next row: purl all sts.

Next row: k1 \*k2tog, k1, repeat from \* to the end of the round (13sts)

Next row: purl all sts.

Next row: k1, \*k2tog, repeat from \* to the end of the round (7sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

## Making up

Use a sewing needle to join side seams.



### send your hats to:

Age UK Teesside  
Dorothy Rose Suites (29-32)  
The TAD Centre  
Ormesby Road  
Middlesbrough TS3 7SF

Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together | ws - wrong side

# Friendship Friday



Enjoy a Quiz, Raffle and Prize Bingo!

Bingo & Raffle tickets available to purchase  
(bring along a raffle prize)

Fish n Chip lunch £4.60 or bring a packed lunch.

11.15am – 2.30pm

£2.00 Admission (includes refreshments)

**Do you live in Teesside? Want to be more socially active? Join our Friendship Friday group!**

At St Cuthbert's Church Hall  
Stokesley Rd  
Marton  
Middlesbrough TS7 8JU

For more information please call

**01642 433 723**

email [tina.bonner@ageukteesside.org.uk](mailto:tina.bonner@ageukteesside.org.uk)

or visit [www.ageukteesside.org.uk](http://www.ageukteesside.org.uk)

Age UK Teesside is a charitable company limited by guarantee and registered in England and Wales  
Registered Charity Number: 702714  
Company Number: 2152353  
190 Borough Road Middlesbrough TS1 2EH





# Better Health Better Wealth: Group Timetable

## Try-It-Tuesday

**Tuesdays, 1pm-3pm.**

Live Well Hub, Thorntree Road, Thornaby.

**Friday Friends** (for those living with Dementia)

**Fridays, 1pm-3pm.**

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

Carers meet at the same time in the room next door.

## Billingham Buddies

**Thursdays 10.30 – 12.30pm**

East Avenue Community Centre

Sessions are £2 per week with no charge for carers.

## Thornaby Sociable Club

**Wednesdays from 10.30 till 12.00pm**

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

## Zumba Gold Class

**Monday from 2.00pm -3.00pm**

South Thornaby Resource Centre, Havilland Road, TS17 9NG .

Classes are £3.00 per session.

***Phone the BHBW Team  
on 01642 805500***

***to book your place for  
any of our events/  
groups.***





## Redcar Befriending Service

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The Redcar Befriending service aims to reduce loneliness and isolation in the borough through one-to-one visits and encouraging the service users to become more socially involved with others in their community. The new Silver Surfers group is a chance for older people to get together and learn how to use electronic devices.

### Silver Surfers (65+)

Learn how to use your Computer, Smart  
Phone or Tablet

**Where:** Marske Library, Windy Hill Lane, Redcar, TS11 7BL

**When:** Pop in sessions on Friday

Between 10.30am – 12.30pm

(starting on Friday 28<sup>th</sup> September 2018)

*Refreshments provided at £1*

**For more details please  
contact Robynne at  
Age UK Teesside on  
07718125013**



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For further information regarding the Service, referrals or if you are interested in becoming a volunteer please contact:

**Amanda Bowstead on 07718 125 013**

Or [amanda.bowstead@ageukteesside.org.uk](mailto:amanda.bowstead@ageukteesside.org.uk)

If you know anyone that would like to volunteer (there is no age limit) with us, please give Pam a call on the number below or you may know someone that lives alone and is lovely and vulnerable. Friends and family are able to refer directly to the service. We are always looking for new ideas for activities and events. If there is something you miss doing or something you would like to see take place in Hartlepool, please give Pam a call on **07808 304816** or email: [Pam.cairns@ageukteesside.org.uk](mailto:Pam.cairns@ageukteesside.org.uk) all ideas are welcome.



# Hartlepool Befriending Network

**Volunteering opportunities available now!**

**Interested in befriending individuals aged 65+ living within the Hartlepool Borough area?**

**As a volunteer you will:**

- Offer friendship and a listening ear
- Have a friendly chat over a cup of tea or coffee
- Assist with small daily living tasks
- Accompany clients on short walks, outings or to local social groups

For more information contact:

**Pam Cairns, Befriending Co-ordinator**

**Tel: 07808 306184**





# M.C.S.T

## **Maintenance Cognitive Stimulation Therapy**

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A 12 week  
structured  
programme for  
people with mild to  
moderate  
dementia.

MCST is a proven method of maintaining the mental wellbeing and cognitive ability of those living with dementia, whilst promoting choice, aiding recall, improving concentration and maximising individuals potential. Group sessions\* stimulate the mind, whilst providing fun, friendship and inclusion.

*\*Session Fee will apply*



New Sessions to Commence: 11th October 2018

**For more information,  
please contact:**

**Tina 01642 433723**

**Gill 01642 433728**



Registered Charity Number: 702714



New Retail Development in Hartlepool Coming Soon

# STOCK NEEDED

Donate you're unwanted clothes and furniture to Age UK Teesside and make a difference to people in later life.

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For more information on where to donate or for furniture collection, please call 01642 80 55 00

# Community Hub Advice Service



<b>NEWPORT SETTLEMENT COMMUNITY HUB</b> ST PAULS ROAD, TS1 5NQ	<b>MONDAY</b> <b>9AM - 12PM</b>	<b>01642 802 892</b>
<b>HEMLINGTON LIBRARY</b> CROSSCLIFF, TS8 9JJ	<b>MONDAY</b> <b>1.30PM - 4.30PM</b>	<b>01642 591 918</b>
<b>THORNTREE COMMUNITY HUB</b> BIRKHALL ROAD, TS3 9JW	<b>TUESDAY 1PM - 4PM</b> <b>&amp;</b> <b>FRIDAY 9AM - 12PM</b>	<b>01642 246 827</b>
<b>EASTERSIDE COMMUNITY HUB</b> BROUGHTON AVENUE, TS4 3PZ	<b>WEDNESDAY</b> <b>9AM - 12PM</b>	<b>01642 513 150</b>
<b>GROVE HILL COMMUNITY HUB</b> BISHOPTON ROAD, TS4 2RP	<b>WEDNESDAY 1PM - 4PM</b> <b>&amp;</b> <b>THURSDAY 1PM - 4PM</b>	<b>01642 278 444</b>
<b>NORTH ORMESBY COMMUNITY HUB</b> DERWENT STREET, TS3 6JB	<b>WEDNESDAY 9AM—1PM</b> <b>&amp;</b> <b>FRIDAY 9AM—4PM</b>	<b>01642 726 190</b>



Good to know! Useful Contacts in Teesside!

**Age UK Teesside** 01642 805500

**Age UK Factsheets** (All services) 0800 009966 -Freephone

**Age UK Legal Services** (Will Making) 0845 6851078

**Adult social services** (Middlesbrough) 01642 726004

**Staying Put Agency** (Middlesbrough) 0800 5875184

**Community Warden** (Middlesbrough) 01642 228500

**Welfare Benefits – Financial Inclusion Group & Age UK In Partnership:**

*Grove Hill community hub – Tel 01642 278444*

*Thorntree community hub – Tel 01642 246827*

*North-Ormesby community hub – Tel 01642 726190*

*Hemlington Library – Tel 01642 591918*

*Newport Settlement community hub – Tel 01642 802892*

**Health watch** (Need a new GP or Dentist?) 0808 172 9559 -Freephone

**Talking Matters** (Mental Health services) 0300 3305470 -Freephone

**EVA** (Women's aid and Rape Crisis) 01642 490677

**Cleveland Fire Brigade** (Free Home Fire-Safety Visit) 01429 874063

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***Thank you for supporting***

***Age UK Teesside***

***Dorothy Rose Suites (29-32)***

***The TAD Centre***

***Ormesby Road***

***Middlesbrough,***

***TS3 7SF***

***[www.ageukteesside.org.uk](http://www.ageukteesside.org.uk)***

***01642 80 55 00***

**FREE!**

**Cooking on a Budget**

**2 Week Course**

Friday 19<sup>th</sup> & 26<sup>th</sup> October 2018

9.30am – 12 noon

Come and cook with confidence!

Plan affordable menus

Cook your own lunch

Be the new Gordon Ramsey!

(no swearing please ;-)

*Booking  
Essential*

*Spaces  
Limited*

**Call Kat on 07564 256742**

**to book your place**

**Footprints in the Community**

**10 Queen Street**

**Redcar**

